



Tandoori Chicken

3 tbsps vegetable oil
1 tsp ground coriander
1 tsp ground cumin
1 tsp ground turmeric
1 tsp cayenne pepper
1 tbsp garam masala
1 tbsp paprika
1 cup plain yogurt
2 tbsps lemon juice
4 garlic cloves, minced
2 tbsps minced fresh ginger
1 tsp salt
4 chicken leg quarters (thigh & leg),
skinless & boneless



- Heat the vegetable oil in a pan. Cook the coriander, cumin, turmeric, cayenne, garam masala and paprika, stirring often for 2-3 min. Cool completely.
- Whisk together yogurt, lemon juice, garlic, ginger and salt.
- Add spice mix to the yogurt mix and stir until combined.
- Score chicken and coat with marinate. Chill for 1-6 hours.
- Heat one side of the grill very hot and one side cooler. Place the chicken on the hot side for a few minutes. Then move to the cooler side until chicken is cooked and juices run clear.
- Let the chicken rest for a few minutes and Enjoy!

I served this with basmati rice. I added 1/2 tsp of cumin and some peas for flavor. Add fresh herbs, toasted almonds, dried fruit, more spices... Whatever dazzles your palate. Of course I also served with naan bread to soak up the deliciousness!

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